

**Barre:** This Barre signature workout combines ballet, weights, and Pilates for a low-impact, fat-burning workout. Plan to do some free-standing lifting using light weights, some mat work, and barre work. The class also incorporates stretching segments after each strengthening series, so you'll also lengthen your body and increase flexibility while you tone.

**Beginning Boot Camp:** This 30-minute class is designed to introduce you to the basics of Boot Camp! You will learn the exercise used in traditional boot camp and build up your strength/endurance for the full-hour class.

**Body Pump:** Challenge all of your major muscle groups by using the best weight room exercises like squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast! (Regular classes are 55 min, Express classes are 30 min)

**Boot Camp:** A full body workout that allows you to be challenged as much as you want. This class is designed to provide the ultimate in agility and cross training.

**Boot Camp Pilates:** This class will build your cardiovascular endurance while lengthening and strengthening your muscles. You also will build your core muscle strength and improve your agility. It's the perfect crosstraining class.

**Cardio Kick:** A combination of aerobics, boxing and martial arts; no gloves required.

**Cardio Step Interval:** This class introduces alternating sets of interval training along with a simply choreographed Step workout. Not only do you get the advantage of aerobic exercise, you'll get the added benefit of a challenging interval training routine.

**Cycle/Strength:** Rev up your workout and burn calories faster. This class combines intervals on the spin bike with intervals of strength training.

**Fitness for Arthritis:** This exercise program is designed for people with arthritis and uses gentle activities to help increase joint flexibility, range of motion and muscle strength.

**Group Cycle:** Non-impact class conducted on a stationary bike. This class is appropriate for all levels of fitness.

**H.I.T./Core:** High Intensity Training. Take your workout to the next level. Push your physical limits and crank up the intensity in this 30-minute workout. This is an advanced-level workout that contains 15 minute worth of exercise at the end that will strengthen your core.

**Kickboxing :** Kick, punch, jab and power your way through this cardiovascular & muscular endurance workout using gloves & bags. Bring your own gloves.

**Pilates:** A mat-based workout that will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength and improve flexibility.

**Pilates/Barre:** A combination class that uses the foundation skills in a pilates class with the addition of the basic Barre program without the use or necessity of a ballet bar. This class integrates the fat burning format of interval training, the muscle shaping technique of isometrics, the elongating principles of dance conditioning, and the science of physical therapy to create a revolutionary workout that quickly and safely reshapes your entire body.

**RPM:** This group cycle class is lead by and inspiring coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within, sweat, & burn to reach your endorphin high. (Regular classes are 55 min, Express classes are 30 min)

**Step Interval:** This class is cross training at its finest. One hour of alternating step choreography with intervals of strength and high intensity training .This 45-minute class includes training for all major muscles using a variety of equipment to keep it fun and challenging. All levels welcome.

**Tai Chi:** This class uses Sun-Style Tai Chi and is designed to provide participants with a “joint friendly” exercise alternative. Available in beginning and advanced options.

**TRX:( 45 min class)**Make your body into a machine! This class uses one simple piece of equipment: the TRX strap. You will be challenged as the instructor guides you through intense core movements and balancing drills.

**TRX Fusion:** TRX and the RIP Trainer are used for a full body workout.

**TRX Light:** A 45-minute class designed for those who want to gain strength and increase balance using the TRX straps. This class is ideal for those who are recovering from an injury, are new to exercise or have limited mobility. The instructor will pay close attention to your form and execution of exercises to ensure you are getting an effective and safe workout.

**U-Jam Fitness:** is an athletic hip-hop dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat — all while having FUN.

**Yoga/Pilates:** An inclusive class designed to implement both Yoga and Pilates elements to increase core strength, stability and calming of the mind, body and spirit.

**Yoga Specialty** - This class will be taught by a different instructor each week highlighting different focuses of yoga practice.

**Zumba®:** This high energy class uses motivating music with unique moves and combinations to give you the best dance workout ever! Zumba® is based on the principle that a workout should be “FUN AND EASY TO DO” allowing its participants to stick to it and achieve long-term health benefits. Please NO children sitting in the back or side of the room during class!

**Zumba for Kids (age 4-11):** Designed exclusively for kids! Our Zumba for Kids classes are rockin’, high-energy fitness parties packed with specially choreographed, kid-friendly songs and moves.

**Zumba® Gold:** This specialty class follows the Zumba® formula and is designed for the active adult who wants to join the fitness party but requires a low impact, less intense workout. This class is also perfect for those looking to begin a healthy fitness lifestyle or for those relaunching their fitness program.

**50 & Up Aerobics:** Improve your strength, flexibility and cardio vascular system with this fun non-impact exercise program for older adults.

**50+ Functional Fitness:** Group exercise class that provides a supportive and safe environment to help increase one’s strength, flexibility and balance, using chairs, lightweight dumb bells, resistance tubing and stability balls. This class is taught by our fitness specialist with an expertise in working with active older adults.

To provide you with a yoga class suited to your needs the YOGA classes are identified in two categories; Intensity and Level of Poses in the class.

**Category 1: Intensity**

Gentle - This practice is low intensity and would include restorative, yin, or yoga therapy aspects. Well propped. Relaxation and tension release is the primary focus.

Medium - This practice is more muscular than a gentle class and will get your heart rate up slightly with some sweating.

Strong - This practice will have intense muscular effort and will make you sweat a lot.

**Category 2: Level of Poses Practiced**

Level 1 - accessible to beginners. Does not include any strong inversions, arm balances or back bends. However beginner versions of these poses may be introduced with modifications and propping.

Level 2 - accessible to beginners looking for a challenge, good for regular practitioners. Beginner to intermediate practice available in inversions, arm balances and back bends.

Level 3 - strong workout, recommended for regular practitioners. Advanced practice of all categories of poses available. Ok for beginners with experience in other types of movement.

\* This class will include non- religious yoga practices of meditation, chanting and spirituality.



# Group Exercise Schedule

April 1 - June 30



Use your smart phone to link right to the group exercise schedule on line!

**Group Exercise**

The Centennial Recreation Center together with the YMCA offers a wide variety of group exercise classes. We strive to accommodate a wide range of fitness levels in every class and we encourage you to work at your own pace. Group exercise should be a fun experience for you or the whole family. We have noted on our schedule family friendly classes and those classes that are recommended for advance fitness users with some prior experience with the class. Before starting any new exercise program, please consult your physician.

**General Information**

- ✓ If you are new to group exercise or returning after an absence, please tell the instructor so she/he may offer modifications.
- ✓ Warming up is a vital part of exercise. **If you are more than 10 minutes late, please wait for the next class**
- ✓ If you need to leave a class early, please inform the instructor at the beginning of the class.
- ✓ Closed toe athletic shoes and athletic wear are required for all classes except Yoga and Pilates.
- ✓ No food, gum or drink allowed except for water in plastic containers.
- ✓ Please turn off cell phones. If you need to take a call, please step out of the room.
- ✓ Youth participating in classes must be at least 8 yrs of age, with a supervising adult and able to follow direction.
- ✓ Youth ages 13 and up may participate in classes without a supervising adult.
- ✓ Please don’t allow children to sit in the back or side of the fitness studio during class due to limited space.
- ✓ **AF Arthritis Foundation classes – Please enroll in the Senior Center prior to starting class**
- ✓ **\* Indicates youth friendly class**
  - (youth must be at least 8yrs old and accompanied by an adult)
- ✓ **Enjoy class, have fun, and work at your own level ☺**
- ✓ All classes are 55 min in length unless notes otherwise.

Check out the New Classes at the Community and Cultural Center. Free with your CRC membership. **Yoga, Pilates, Barre and Yoga for Kids!**

**Centennial Recreation Center**  
171 West Edmundson Ave.  
Morgan Hill, CA 95037

408.782.2128 [www.mhcrc.com](http://www.mhcrc.com)

**Facility Hours**

Monday–Friday 5am–10pm  
Saturday 6:30am–8pm  
Sunday 8am–6pm

**Kids’ Club Hours**

Monday–Friday 8am–8pm  
Saturday 8am–1:30pm  
Sunday 8am–1pm

**Community and Cultural Center**

17000 Monterey Road,  
Morgan Hill, Ca 95037  
408.782.0008  
[www.mhcommunitycenter.com](http://www.mhcommunitycenter.com)

**Questions or Comments**




Contact Stephanie Vegh  
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# Group Exercise Schedule

## April - June 2015




### GYM

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30AM	Boot Camp Pilates Jonna/Debbie	Body Pump Melissa	Boot Camp Jeff	Boot Camp Melissa	Cycle/Sculpt Jonna/Tracee	7:00 AM	Boot Camp Grady	
8:30AM	Zumba Laurel	Beg. Boot Camp Malin	Zumba Chiquy	Beg. Boot Camp Malin		8:00 AM	HIT & Core Steph	
9:00AM		Boot Camp Malin		Boot Camp Malin	Boot Camp Tracee	  		
9:30AM	HIT & Core Steph							
10:00AM					Group Cycle Danielle			
10:30AM			Zumba Gold Jessica					


### Studio

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM		Group Cycle Carol	TRX Shawna	Group Cycle Jonna	TRX Susie	7:00 AM	Yoga Strong, Level 3 Dawn	
8:30 AM	CardioStep Margot	Yoga Medium, Level 2 Ana	Kickboxing Laurie	Yoga Medium, Level 2 Ana	Zumba Margot	8:00 AM		TRX Susie/Bobbi/Grady
9:30 AM	Body Pump Margot	RPM Express Kelli	Body Pump Steph	RPM/Pump Bobbi (75 min)	Body Pump Bobbi	8:30 AM	Step Interval Margot (45 min)	
10:00 AM		Cycle/Sculpt Kelli				9:00 AM		Kickboxing Laurie
10:30 AM	Yoga Medium, Level 2 Ana (75 min)		Yoga Medium, Level 2 * Lucy (75 min)		Yoga Strong, Level 2 Dolores (75 min)	9:15 AM	Body Pump Margot	
11:00 AM		Pilates Melissa		Pilates Theresa		10:00AM		Group Cycle Vicki
12:00 PM	Yoga/Pilates Margot	Zumba Nancy	TRX Light Jeff	Ujam Donna	TRX Light Jill	10:15 AM	Zumba Kel	
3:30 PM	Group Cycle Danielle (45 min)	Zumba for Kids Nancy	Group Cycle Danielle (45 min)	Zumba for Kids Nancy		11:00 AM		Zumba Margot
4:30 PM	TRX Jeff	Cardio Kickboxing Laurie	Body Pump Bobbi	HIT & Core Steph	Body Pump Melissa	11:15 AM	Yoga Medium, Level 2 Liz	
5:30 PM	Body Pump Jessica	Zumba Jessica	Yoga Medium, Level 1 Margot	Body Pump Kolby	Ujam Suzi	12:00 PM		Yoga Specialty Staff
6:30 PM	Pilates Jill	TRX Grady	Zumba Monica	RPM George	TRX Bobbi	<div>❖Body Pump and TRX classes require a ticket to guarantee your spot in class. Please pick one up at the welcome desk.</div>		
7:30 PM	RPM Annette	Yoga Gentle, Level 1 Yvonne	Body Pump Express Kolby	Yoga Gentle, Level 1 Doris	RPM Bobbi			

### Pool Deck

	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 AM		TRX Rip Fusion Bobbi		TRX Rip Fusion Kristie		<div>❖Classes outside on the pool deck are a part of your CRC membership.</div> <div>❖Please check in at the Welcome desk to pick up your ticket to guarantee your spot in class.</div> <div>❖Class limited to the first 16 participants.</div>
9:30AM			TRX Jessica			
5:30pm			TRX Bobbi			

### CCC

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 AM					Yoga Gentle, Level 1 Lucy	<div>❖Classes at the CCC are included in your CRC membership.</div> <div></div> <div>❖ Non Member drop in fee for regular classes is \$15.</div> <div>❖ Non Member 50 + Classes drop in fee is \$8 for Residents and \$10 for Non-Residents.</div> <div>❖Bring your membership card to check in at the Miramonte room for class.</div>
10:00 AM	50+ Pilates Melissa					
11:00 AM		Yoga Gentle, Level 1 Doris		Yoga Gentle, Level 1 Lucy		
4:30 PM		Kids Yoga Doris				
4:30 PM	Yoga Medium, Level 2 Lucy	Pilates/Barre Margot				

### 50 & Older

	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30am			Advanced Tai Chi Jerri - SC			<div>50 and Older Classes are held in different locations.</div> <div>CCC - Community &amp; Cultural Center A1 - Activity Rm 1 in the Senior Center S - Group Exercise Studio TC - Teen Center EG - East Gym</div> <div>Tai Chi Classes require pre-registration in the Senior Center.</div>
10:00am	Pilates Melissa - CCC	Fitness for Arthritis Alison - TC		Yoga Level 1, Gentle Yvette - A1	Fitness for Arthritis Alison - TC	
10:05am		Aerobics Tracee - EG		Aerobics Amy - EG		
10:30am		Chair Yoga Amy - A1	Beginning Tai Chi Jerri - SC			
1:00pm	Functional Fitness Alison - S		Functional Fitness Alison - S		Functional Fitness Alison - S	
2:15pm				Pilates Theresa - S		